



**Sadhna Paralkar, M.D., M.P.H., M.B.A.**  
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Dr. Paralkar is a senior vice president and national medical director in Segal's Chicago office, with over 20 years of experience. She leads Segal's Medical Management practice and has specialized expertise in health care informatics, medical management program design, clinical operations, on-site clinics, benefit plan design and network management strategies to optimize health improvement while containing costs, and evaluation and implementation of disease management and wellness programs. Dr. Paralkar's extensive background in health care operations, informatics and consulting includes positions at UnitedHealth Group (UHG) and Ingenix, where she provided clinical expertise to clients in the payer, provider, public sector and employer markets. Prior to Ingenix, Dr. Paralkar was at Optum, another UHG company, where she served as director of product development for the Care Management suite of products and was responsible for the Care Management ROI model. Prior to joining UHG, Dr. Paralkar worked at a Fortune 500 company, International Truck and Engine Corporation (Navistar, formerly known as International Harvester), in various capacities for six years. The last position she held at Navistar was associate medical director, where she was responsible for occupational health and disability, on-site clinics, on-site wellness programs, health benefit plan design and health care purchasing. Dr. Paralkar is a member of the American Public Health Association, American College of Occupational and Environmental Medicine, The Institute of Medicine of Chicago, American Association of Physicians from India and Women Business Leaders of the U.S. Health Care Industry Foundation. A native of Mumbai (Bombay), India, Dr. Paralkar completed her medical internship in 1992 at L.T.M. General Hospital of University of Bombay, India after she received her baccalaureate degree in medicine and surgery from the same institution in 1990. In 1995, she received an M.S. degree in public health from the University of Illinois at Urbana-Champaign, focusing on health data analysis and epidemiology. The National Institutes of Health funded part of her analytic research on health communications in mass media. Dr. Paralkar also received an M.B.A. degree with a focus on health industry management and marketing from Northwestern University's Kellogg School of Management in 2003.